



Scott County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Scott County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Scott County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include the 90 minute Physical Activity Law, only nutritionally good food sold in K-8 schools, and the comprehensive health education policy strengthened
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$553,592.50.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ ALQI | ➤ Hope Initiative |
| ➤ UT Extension Service | ➤ Women's Shelter |
| ➤ Mountain Peoples Health Center | ➤ Tennessee Regional Health Department |
| ➤ St. Mary's of Scott County | ➤ Lions Club |
| ➤ Tennessee Vocational School | ➤ Scott County Sheriff's Office Winfield Police Department |
| ➤ First National Bank | ➤ Scott County Executive |
| ➤ Oneida Schools | ➤ Scott County EMS |
| ➤ STAND program | ➤ Chamber of Commerce |
| ➤ Americhoice | ➤ Family Resource |
| ➤ Ridgeview | ➤ Huntsville Mayor |
| ➤ Scott County Health Department | |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Healthy School Team's, field day's, school health screenings, and after school Family Resource events. Currently, 65 parents are collaborating with CSH.

Students have been engaged in CSH activities that include Healthy School Team's. Approximately 7 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Scott County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,600 students screened and 208 students referred;

Students have been seen by a school nurse and returned to class – 11,479 students seen by nurse, 10,288 students returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 45% Overweight/Obese and 27% Obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Michigan Model comprehensive health education, and various playground equipment;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include CPR training, physical education in-service training-by Pat Hewitt, and TAPHERD;

School faculty and staff have received support for their own well-being through Biggest Loser weight loss competition, and Zumba.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model comprehensive health education;
- Physical Education/Physical Activity Interventions – Mile Run/Walk;
- Nutrition Interventions – backpack program, and fruit and vegetable snack program;
- Mental Health/Behavioral Health Interventions – none at this time.

In such a short time, CSH in the Scott County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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